fitabase Fitbit Data Dictionary

Table of Contents

Steps

Description: Steps tracked by the activity tracker or entered by participant for the given period.

Day Totals

Data Header	Data Type	Data Description

ActivityDay	date	Date value in mm/dd/yyyy format.
StepTotal	integer	Total number of steps taken.

Hour Totals

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
StepTotal	integer	Total number of steps taken.

Minute (wide)

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Steps00 - Steps59	integer	Total number of steps taken in each minute. Example: Steps05 = steps taken in fifth minute of the hour.

Minute (narrow)

Data Header	Data Type	Data Description
ActivityMinute	datetime	Date and time value in mm/dd/yyyy hh:mm:ss format.
Steps	integer	Total number of steps taken.

Floors

Description: Total number of floors climbed in a day. Floors tracking is only available on the Fitbit One, Charge, Charge HR, Charge 2, Blaze, and Surge

Note: Fitbit devices register one floor when there is an elevation change of ten feet during activity. More details here.

Daily Floors Total

Data Header	Data Type	Data Description
DateTime	date	Date value in mm/dd/yyyy format.
Value	integer	Total number of floors climbed on that day.

Daily Activity

Description: Contains daily totals for steps, intensity, distance, and calories.

Day Totals

Data Header	Data Type	Data Description
ActivityDate	date	Date value in mm/dd/yyyy format.
TotalSteps	integer	Total number of steps taken.
TotalDistance	integer	Total kilometers tracked.
TrackerDistance	integer	Total kilometers tracked by Fitbit device.
LoggedActivitiesDistance	integer	Total kilometers from logged activities.
VeryActiveDistance	integer	Kilometers travelled during very active activity.
ModeratelyActiveDistance	integer	Kilometers travelled during moderate activity.
LightActiveDistance	integer	Kilometers travelled during light activity.
SedentaryActiveDistance	integer	Kilometers travelled during sedentary activity.
VeryActiveMinutes	integer	Total minutes spent in very active activity.
FairlyActiveMinutes	integer	Total minutes spent in moderate activity.
LightlyActiveMinutes	integer	Total minutes spent in light activity.
SedentaryMinutes	integer	Total minutes spent in sedentary activity.
Calories	integer	Total estimated energy expenditure (in kilocalories).
Floors	integer	Total number of floors climbed.
Calories	integer	Total estimated energy expenditure (in kilocalories).
MarginalCalories	integer	Total marginal estimated energy expenditure (in kilocalories)
RestingHeartRate	integer	Resting heart rate value.

Activities

Description: Contains information for automatically detected and manually entered activities

---

Activity Logs

Data Header	Data Type	Data Description
Date	date	Date value in mm/dd/yyyy format.
StartTime	time	Time value in hh:mm:ss format; 24-hour clock.
Duration	integer	Duration of activity **in milliseconds**.
Activity	string	Name of tracked activity.
ActivityType	integer	Fitbit specific activity ID number.
LogType	string	Activity log creation method. **auto_detected** = activity logs are those created by Fitbit's SmartTrack feature. **tracker** = activity logs are those created using the multisport exercise mode on a Fitbit device. **manual** = activity logs are user specified overrides of some or all tracker data. **fitstar** = activity logs are created after completing a FitStar workout. **mobile_run** activity logs are created after completing a MobileRun.
Steps	integer	Steps taken during activity.
Distance	integer	Kilometers travelled during activity. (Only available for certain **tracker**, **manual, or mobile_run** initiated activities.)
ElevationGain	integer	Elevation gained during activity (in meters).
Calories	integer	Total estimated energy expenditure during activity (in kilocalories).

SedentaryMinutes	integer	Total minutes spent in sedentary intensity during activity.
LightlyActiveMinutes	integer	Total minutes spent in light intensity during activity.
FairlyActiveMinutes	integer	Total minutes spent in moderate intensity during activity.
VeryActiveMinutes	integer	Total minutes spent in very active intensity during activity.
AverageHeartRate	integer	Average heart rate during activity.
OutOfRangeHeartRateMinutes	integer	Minutes spent in Out of Range heart rate zone (< Fat Burn Zone)
FatBurnHeartRateMinutes	integer	Minutes spent in Fat Burn heart rate zone.
CardioHeartRateMinutes	integer	Minutes spent in Cardio heart rate zone.
PeakHeartRateMinutes	integer	Minutes spent in Peak heart rate zone.

Intensity

Description: Time spent in one of four intensity categories.

Note: The cut points for intensity classifications and METs are not determined by Fitabase, but by proprietary algorithms from Fitbit.

Day Totals

Data Header	Data Type	Data Description
ActivityDay	date	Date value in mm/dd/yyyy format.
SedentaryMinutes	integer	Total minutes spent in sedentary activity.
LightlyActiveMinutes	integer	Total minutes spent in light activity.
FairlyActiveMinutes	integer	Total minutes spent in moderate activity.
VeryActiveMinutes	integer	Total minutes spent in very active activity.
SedentaryActiveDistance	integer	Kilometers travelled during sedentary activity.
LightActiveDistance	integer	Kilometers travelled during light activity.
ModeratelyActiveDistance	integer	Kilometers travelled during moderate activity.
VeryActiveDistance	integer	Kilometers travelled during very active activity.

Hour Totals

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
TotalIntensity	integer	Value calculated by adding all the minute-level intensity values that occurred within the hour..
AverageIntensity	integer	Average intensity state exhibited during that hour (TotalIntensity for that ActivityHour divided by 60).

Minute (wide)

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Intensity00 - Intensity59	integer	Intensity value for the given minute. 0 = Sedentary 1 = Light 2 = Moderate 3 = Very Active

Minute (narrow)

Data Header	Data Type	Data Description
ActivityMinute	datetime	Date and time value in mm/dd/yyyy hh:mm:ss format.
Intensity	integer	Intensity value. 0 = Sedentary 1 = Light 2 = Moderate 3 = Very Active

METs - Minute (wide)

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
MET00 - MET59	integer	MET value for the given minute. **Important:** All MET values exported from Fitabase are multiplied by 10. Please divide by 10 to get accurate MET values Example: 10 = 1.0 METs; 38 = 3.8 METs

METs - Minute (narrow)

Data Header	Data Type	Data Description
ActivityMinute	datetime	Date and time value in mm/dd/yyyy hh:mm:ss format.
METs	integer	MET value for the given minute. **Important:** All MET values exported from Fitabase are multiplied by 10. Please divide by 10 to get accurate MET values Example: 10 = 1.0 METs; 38 = 3.8 METs

Calories

Description: Estimated energy expenditure.

Note: Fitbit uses the *gender, age, height, and weight* data entered into the user profile to calculate basal metabolic rate (BMR). The estimated energy expenditure that Fitbit provides takes into account the user's BMR, the activity recorded by the device, and any manually logged activities.

Day Totals

Data Header	Data Type	Data Description
ActivityDay	date	Date value in mm/dd/yyyy format.
Calories	integer	Total number of estimated calories burned.

Hour Totals

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Calories	integer	Total number of estimated calories burned.

Minute (wide)

Data Header	Data Type	Data Description
ActivityHour	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Calories00 - Calories59	integer	Total number of estimated calories burned. Example: Calories05 = calories burned in fifth minute of the hour.

Minute (narrow)

Data Header	Data Type	Data Description
ActivityMinute	datetime	Date and time value in mm/dd/yyyy hh:mm:ss format.
Calories	integer	Total number of estimated calories burned.

Food

Description: Food consumption recorded by participants in their Fitbit.com app.

Daily Food Logs

Data Header	Data Type	Data Description
LogDate	date	Date on which food item was logged.
IsFavorite	boolean	If participant has specified through their Fitbit app that this food item is a favorite. Favorite = true
FoodAccessLevel	boolean	If user created a private or public food record themselves.
FoodAmount	integer	Quantity of food item consumed.
FoodAmountUnit	string	Unit used to measure FoodAmount.
FoodBrand	string	Name brand of given food item.
FoodCalories	integer	Calories contained in consumed amount of tracked food item.
FoodId	integer	Unique identification number assigned to each item in Fitbit's database.
FoodMealTypeId	integer	Meal type value. 1 = breakfast 2 = morning snack 3 = lunch 4 = afternoon snack 5 = dinner 6 = after dinner 7 = anytime
FoodLocale	string	Country of origin.
FoodName	string	Name of food item consumed.
NutritionalValueCalories	integer	Nutritional value given food item provides in calories.

NutritionalValueCarbs	integer	Nutritional value given food item provides in carbohydrates.
NutritionalValueFat	integer	Nutritional value given food item provides in fat.
NutritionalValueFiber	integer	Nutritional value given food item provides in fiber.
NutritionalValueProtein	integer	Nutritional value given food item provides in protein.
NutritionalValueSodium	integer	Nutritional value given food item provides in sodium.

Sleep

Description: Data from each tracked sleep event.

Notes: Sleep durations are either specified by Fitbit wearer (interacting with the device or Fitbit.com profile), or are automatically detected on supported models (Charge, Alta, Alta HR Charge HR, Flex, Blaze, Charge 2, Flex 2, Ionic, and Surge). Sleep Stages are supported by the Alta HR, Charge 2, Blaze, and Ionic. All other devices support the **Classic** sleep algorithm.

Classic Day Minute Totals

Data Header	Data Type	Data Description
SleepDay	date	Date on which the sleep event started. (in mm/dd/yyyy hh:mm:ss format)
TotalSleepRecords	integer	Number of recorded sleep periods for that day. Includes naps > 60min
TotalMinutesAsleep	integer	Total number of minutes classified as being “asleep”.
TotalTimeInBed	integer	Total minutes spent in bed, including asleep, restless, and awake, that occurred during a defined sleep record.

Classic Sleep Log Info

Data Header	Data Type	Data Description
LogID	integer	The unique log id in Fitbit’s system for that sleep record.
StartTime	datetime	Date and time the sleep record started.
Duration	integer	TimeInBed converted into milliseconds: (TimeInBed x 60 x 1,000).
Efficiency	integer	Fitbit uses the following equation to calculate sleep efficiency: **100 * minutesAsleep / (TimeInBed - minutesAfterWakeup)**

IsMainSleep	boolean	Whether or not the sleep record is the main sleep record for that day.
MinutesAfterWakeup	integer	Number of minutes after waking up before a participant manually changed their device out of sleep mode.
MinutesAsleep	integer	Total number of minutes classified as being “asleep”.
MinutesToFallAsleep	integer	Total number of minutes taken to fall asleep after setting device into “sleep mode”. **Note: if device has “auto sleep detection” feature, this value will be zero.**
TimeInBed	integer	Total number of minutes spent in bed.
AwakeCount	integer	Number of distinct awake periods during sleep. This variable is determined by a clustering algorithm that Fitbit has applied to groupings of awake occurrences.
AwakeDuration	integer	Number of minutes classified as being “awake” during a sleep record.
RestlessCount	integer	Number of distinct restless periods during sleep. This variable is determined by a clustering algorithm that Fitbit has applied to groupings of restless occurrences.
RestlessDuration	integer	Number of minutes classified as being “restless” during a sleep record.

Classic Sleep Log (1 minute)

Data Header	Data Type	Data Description
date	datetime	Date and minute of that day within a defined sleep period in **mm/dd/yy hh:mm:ss** format **Note**: sleep minute data is commonly exported with :30 sec. In this case, the “floor” of the time value can be used to convert to whole minutes. **Example**: 04/20/2018 10:15:30 → 04/20/2018 10:15:00 04/20/2018 10:16:30 → 04/20/2018 10:16:00
value	integer	Value indicating the sleep state. 1 = asleep, 2 = restless, 3 = awake
logId	integer	The unique log id in Fitbit’s system for the sleep record.

Stages Day Totals

Data Header	Data Type	Data Description
SleepDay	date	Date on which the sleep event started. (in mm/dd/yyyy hh:mm:ss format)
TotalSleepRecords	integer	Number of recorded sleep records for that day.
TotalMinutesAsleep	integer	Total number of minutes classified as being “asleep” sum total of light, deep, and REM sleep).
TotalTimeInBed	integer	Total minutes spent in bed, including awake, light, deep, and REM sleep, during a defined sleep record.
TotalTimeAwake	integer	Total number of minutes classified as being awake.
TotalMinutesLight	integer	Total number of minutes classified as being in Light sleep stage.

TotalMinutesDeep	integer	Total number of minutes classified as being in deep sleep.
TotalMinutesREM	integer	Total number of minutes classified as being in REM sleep.

Stages Sleep Log Info

Data Header	Data Type	Data Description
LogID	integer	The unique log id in Fitbit's system for that sleep record.
StartTime	datetime	Date and time the sleep record started.
Duration	integer	TimeInBed converted into milliseconds: (TimeInBed x 60 x 1,000).
Efficiency	integer	Fitbit sleep efficiency score. Currently calculated from **Classic Sleep*** algorithm *Fitbit uses the following equation to calculate sleep efficiency: **100 * minutesAsleep / (TimeInBed - minutesAfterWakeup)**
IsMainSleep	boolean	Whether or not the sleep record is the main sleep record for that day.
SleepDataType	string	The sleep algorithm used for the sleep record. Returns "stages" or "classic".
MinutesAfterWakeup	integer	Number of minutes after waking up before a participant manually changed their device out of sleep mode.
MinutesAsleep	integer	Total number of minutes classified as being "asleep".
MinutesToFallAsleep	integer	Total number of minutes taken to fall asleep after setting device into "sleep mode". **Note: if device has "auto sleep detection" feature, this value will be zero.**
TimeInBed	integer	Total number of minutes spent in bed.
ClassicAsleepCount	integer	Unused (should always be zero).

ClassicAsleepDuration	integer	Number of minutes classified as being “asleep” during a classic sleep record.
ClassicAwakeCount	integer	Number of distinct awake periods during a classic sleep record.
ClassicAwakeDuration	integer	Number of minutes classified as being “awake” during a classic sleep record.
ClassicRestlessCount	integer	Number of distinct restless periods during a classic sleep record.
ClassicRestlessDuration	integer	Number of minutes classified as being “restless” during a classic sleep record.
StagesWakeCount	integer	Number of distinct awake periods during a sleep stages record.
StagesWakeDuration	integer	Number of minutes classified as being awake during a sleep stages record.
StagesWakeThirtyDayAvg	integer	Thirty day average of time spent awake.
StagesLightCount	integer	Number of distinct light sleep periods during a sleep stages record.
StagesLightDuration	integer	Number of minutes classified as being in light sleep during a sleep stages record.
StagesLightThirtyDayAvg	integer	Thirty day average of time spent in light sleep.
StagesDeepCount	integer	Number of distinct deep sleep periods during a sleep stages record.
StagesDeepDuration	integer	Number of minutes classified as being in deep sleep during a sleep stages record.
StagesDeepThirtyDayAvg	integer	Thirty day average of time spent in deep sleep.
StagesREMCount	integer	Number of distinct REM periods during a sleep stages record.
StagesREMDuration	integer	Number of minutes classified as being in REM sleep during a sleep stages record.
StagesREMThirtyDayAvg	integer	Thirty day average of time spent in REM sleep.

Stages Sleep Log (30 seconds)

Data Header	Data Type	Data Description
LogId	integer	The unique log id in Fitbit's system for the sleep record.
Time	datetime	Date and time within a defined sleep period in **mm/dd/yy hh:mm:ss** format Note: sleep stage data time series is in 30sec intervals
Level	string	The reported sleep stage for the time interval. (wake, light, deep, rem).
ShortWakes	string	Reported as "wake" if part of a short wake is detected. Short wakes are awakenings that last less than 180 seconds. Commonly used for visual distinction, but "physiologically equivalent" to longer wakes.
SleepStages	string	Combined Level and ShortWakes for true sleep stage time series.

Weight

Description: Contains data values pertaining to each tracked weight measurement.

Note: Weight data can be entered by participants using the mobile app or Fitbit dashboard, or by using a scale connected to the Fitbit account (Aria or Withings).

Weight Log Minutes

Data Header	Data Type	Data Description
Date	datetime	Date and time at which weight was recorded in mm/dd/yy hh:mm:ss format.
WeightKg	integer	Weight recorded in kilograms.
WeightPounds	integer	Weight in pounds.
Fat	integer	Body fat percentage recorded.
BMI	integer	Measure of body mass index based on the height and weight in the participant's Fitbit.com profile.
IsManualReport	boolean	If the data for this weigh in was done manually (TRUE), or if data was measured and synched directly to Fitbit.com from a connected scale (FALSE)
LogId	integer	The unique log id in Fitbit's systems

Heart Rate

Description: Heart rate values recorded by the Fitbit device.

Note 1: A variable sampling technique controls the frequency at which heart rate is recorded. Devices will sample heart rate every 5 to 15 seconds on average.

Note 2: For all 15min, 5min, and 1min data sets Fitabase uses the *seconds* data to generate a mean value and reports the *floor of that value for the specified interval*. For example, if the calculated mean for the interval is 156.79, we report 159.

---

15 Minute

Data Header	Data Type	Data Description
Time	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Value	integer	Mean heart rate value.

5 Minute

Data Header	Data Type	Data Description
Time	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Value	integer	Mean heart rate value.

1 Minute

Data Header	Data Type	Data Description
Time	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Value	integer	Mean heart rate value.

Seconds

Data Header	Data Type	Data Description
Time	datetime	Date and time value in mm/dd/yyyy hh:mm:ss format.
Value	integer	Heart rate value.

Resting Heart Rate

Data Header	Data Type	Data Description
ActivityDate	date	Date value in mm/dd/yyyy format.
RestingHeartRate	integer	Resting heart rate value.

Sync Data

Description: A record of device sync events as reported by Fitbit.

Sync events are recorded by Fitbit when the device syncs with the Fitbit service through either the Fitbit mobile app or the Fitbit Connect application.

Note: the Sync Events csv export is only available in the Batch Export tool at this time.

Sync Events

Data Header	Data Type	Data Description
DateTime	datetime	Date and time value in mm/dd/yyyy hh:mm:ss AM/PM format.
SyncDate UTC	datetime	Date and time value in mm/dd/yyyy hh:mm:ss AM/PM format.
Provider	string	Name of the sync service.
DeviceName	string	Name of the device model.

Battery Status

Description: A record of reported battery status for Fitbit devices.

Battery status is recorded by Fitbit when the device syncs with the Fitbit service through either the Fitbit mobile app or the Fitbit Connect application.

Note: the Battery csv export is only available in the Batch Export tool at this time.

Battery

Data Header	Data Type	Data Description
DateTime	datetime	Date and time value in mm/dd/yyyy hh:mm:ss AM/PM format.
DeviceName	String	Device model name.
BatteryLevel	string	Reported battery status. Four level classification: **High:** 75% - 100% battery charge **Medium:** 25% - 75% battery charge **Low:** 10% - 25% battery charge **Empty:** <10% battery charge Note: The above percentages are approximate.
LastSync	datetime	Last reported sync date/time associated with the device and battery status.

Cardio Score

Description: Cardio Score is recalculated daily at max levels

---

Cardio Score

Data Header	Data Type	Data Description
Date	date	Date in mm/dd/yyyy format
RunFilteredMax	integer	Calculated based on heart rate during run exercises of more than 10 minutes on level ground at consistent speed, completed with GPS functionality. Close to “real” Vo2 Max.
DemographicFilteredMax	integer	Calculated from demographic/body information.

Heart Rate Variability

Description: Heart rate variability values calculated on five minute intervals

---

Heart Rate Variability

Data Header	Data Type	Data Description
Time	datetime	Date and time value in yyyy-mm-dd hh:mm:ss AM/PM format.
RMSSD	integer	Root mean square of successive RR differences
Coverage	float	Data completeness in terms of the number of interbeat intervals
LF	float	Low frequency - ms^2
HF	float	High frequency - ms^2

SleepDay	date	date value in mm/dd/yyyy

On-Wrist Time

Description: Detection of whether device is on a participant's wrist in five-minute intervals

---

On-wrist Time

Data Header	Data Type	Data Description
MeasurementTimeUTC	datetime	Date and time value in mm/dd/yyyy hh:mm:ss AM/PM format.
OnWrist	Boolean	True = device on wrist False = device not on wrist

Sedentary Time Measurement Times

Description: Sedentary Time Measurement Times are the windows of time during which sedentary measurements are being taken

---

Sedentary Time Measurement Times

Data Header	Data Type	Data Description
MeasurementStartUTC	datetime	Date and time value in mm/dd/yyyy hh:mm:ss AM/PM format.
MeasurementEndUTC	datetime	Date and time value in mm/dd/yyyy hh:mm:ss

		AM/PM format.

Sedentary Time

Description: Includes total off-wrist minutes, asleep minutes, number of hours the user's goal is met

---

Sedentary Time

Data Header	Data Type	Data Description
Date	date	Date in mm/dd/yyyy format
TotalOffWristMinutes	integer	Total minutes during which the device is detected as being off the participant's wrist
TotalAsleepMinutes	integer	Total minutes during which the device is detected as being on the participant's wrist during which the participant is asleep
HoursGoalMet	integer	The number of hours per day the user walked more than 250 steps per hour.

Active Zone Minutes

Description: Detection of whether and for how long a participant is in either fat burn, cardio, or peak active zones.

Daily

Data Header	Data Type	Data Description

Date	date	Date in mm/dd/yyyy format
TotalActiveZoneMinutes	integer	Total count of active zone minutes
FatBurnActiveZoneMinutes	integer	Total minutes detected of participant exercising within their fat burn zone that day. 1 fat burn minute = 1 fat burn active zone minute.
CardioActiveZoneMinutes	integer	Total minutes detected of participant exercising within their cardio zone that day. 1 cardio minute = 2 cardio active zone minutes.
PeakActiveZoneMinutes	integer	Total minutes detected of participant exercising within their peak zone that day. 1 peak minute = 2 peak active zone minutes.

Minute

Data Header	Data Type	Data Description
ActivityMinute	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Date	date	Date in mm/dd/yyyy format
TotalActiveZoneMinutes	integer	Total count of active zone minutes
FatBurnActiveZoneMinutes	integer	Total minutes detected of participant exercising within their fat burn zone in that given minute. 1 fat burn minute = 1 fat burn active zone minute.
CardioActiveZoneMinutes	integer	Total minutes detected of participant exercising within their cardio zone in that given minute. 1 cardio minute = 2 cardio active zone minutes.
PeakActiveZoneMinutes	integer	Total minutes detected of participant exercising within their peak zone in that given minute. 1 peak minute = 2 peak active zone minutes.

SpO2

Description: Measurement of blood oxygen levels during sleep.

Daily

Data Header	Data Type	Data Description
SleepDay	date	Date of log; mm/dd/yyyy format
AverageSpO2	float	The mean of the 1 minute SpO2 levels calculated as a percentage value
MinSpO2	float	The minimum daily SpO2 level calculated as a percentage value
MaxSpO2	float	The maximum daily SpO2 level calculated as a percentage value

Minutes

Data Header	Data Type	Data Description
Time	time	Time of log; hh:mm:ss format
SpO2	float	Percentage value of SpO2 calculated the time and date specified
SleepDay	date	Date of log; mm/dd/yyyy format

Temperature

Description: Skin temperature is recorded by the device while the wearer is asleep. Core temperature is data logged manually by the wearer.

Skin

Data Header	Data Type	Data Description
SleepDay	date	Date in mm/dd/yyyy format
NightlyRelative	integer	Average temperature during sleep. Displayed to wearer as delta from baseline temperature in degrees Celsius or Fahrenheit depending on the country specified in the Accept-Language header.
LogType	integer	Total minutes detected of participant exercising within their fat burn zone that day. 1 fat burn minute = 1 fat burn active zone minute.

Core

Data Header	Data Type	Data Description
Time	datetime	Date and hour value in mm/dd/yyyy hh:mm:ss format.
Temperature	date	Temperature in degrees celsius or fahrenheit depending on the country specific in the accept-language header

---

Breathing Rate

Description: Breathing rate during a wearer's "main sleep," the longest time asleep on a given date

Daily

Data Header	Data Type	Data Description

SleepDay	date	Date in mm/dd/yyyy format
AvgBreathsPerMinute	float	Average number of breaths taken per minute
LightSleepAvgBreathsPerMinute	float	Average number of breaths taken per minute when the wearer was in light sleep
DeepSleepAvgBreathsPerMinute	float	Average number of breaths taken per minute when the wearer was in deep sleep
REMSleepAvgBreathsPerMinute	float	Average number of breaths taken per minute when the wearer was in REM sleep